



6600 Cradlerock Way, Columbia, MD  
(410) 313-7680  
(410) 313-7688 (fax)

[eastcolumbia50+@howardcountymd.gov](mailto:eastcolumbia50+@howardcountymd.gov)

## East Columbia 50+ Center June 2016 Events

Hours: Mondays and Wednesdays, 8:30 am-8:30 pm  
Tuesdays and Thursdays, 9am-4:30 pm  
Fridays, 8:30 am – 4 pm



Monday	Tuesday	Wednesday	Thursday	Friday
<div>Electronic Copy of Newsletter </div> <div>Sign-up to receive an electronic copy of the newsletter each month. Stop by the front office to sign up for Email Distribution.</div> <div>Website for newsletters: <a href="http://www.howardcountymd.gov/50pluscenters">www.howardcountymd.gov/50pluscenters</a></div>		10 Mahjong 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance	10 Knitting 101 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Latin Jam 1 Chess 2:30 Pilates	9:15 Draw & Paint 9:30 Advanced Walking 1 Pinochle 1 Bridge 1 Watercolor
		1	2	3
9 Legal Aid 10 Chinese Painting 10 <b>Morning Workout</b> 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 3:30 Nutrition Appointments 4 Pinochle 7 Soul Line Dance	10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 11 Sew Who Cares 12 Poker 1 Zumba 1 <b>To Health (formerly Weight Got You Down)</b> 2 Yoga 3 Urban Line Dance 6 Civil Law	10 Mahjong 11:30 <b>Antique Appraisal and Luncheon</b> 2 Bid Whist 3 Strength Training 7 Soul Line Dance	10 Knitting 101 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Latin Jam 1 Chess 2:30 Pilates 6:30 <b>New Release Cinema</b>	9:15 Draw & Paint 9:30 Advanced Walking 1 Pinochle 1 Bridge 1 Watercolor
6	7	8	9	10
9 Legal Aid 10 Chinese Painting 10 <b>Morning Workout</b> 11 & 12:15 Yoga 12 Mahjong 1 Box Lunch Book 2 Tai Chi P 4 Pinochle 7 Soul Line Dance	10 Seated Yoga 10 Color with Us 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Short Stories 2 Yoga 3 Urban Line Dance 6 Family Law	10 Mahjong 12 <b>Rain Barrel Workshop</b> 2 Bid Whist 3 Strength Training 7 Soul Line Dance	11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Latin Jam	9:15 Draw & Paint 9:30 Advanced Walking 1 Pinochle 1 Bridge 1 Watercolor
13	14	15	16	17
9 Legal Aid 10 Chinese Painting 10 <b>Morning Workout</b> 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 4 Pinochle 5 Tai Chi Advance 6 Tai Chi 2 7 Caregivers Support 7 Soul Line Dance	10 Color with Us 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Clutter Busters 1 Zumba 2 Yoga 3 Urban Line Dance 6 Family Law	10 Mahjong 11:30 <b>Life Reimagined Luncheon</b> 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance	10 Knitting 101 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Latin Jam	9:15 Draw & Paint 9:30 Advanced Walking 1 Pinochle 1 Bridge 1 Watercolor
20	21	22	23	24
9 Legal Aid 10 Chinese Painting 10 <b>Morning Workout</b> 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 4 Pinochle 5 Tai Chi Advance 6 Tai Chi 2 7 Caregivers Support 7 Soul Line Dance	10 Color with Us 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Yoga 3 Urban Line Dance 7 Language Café	10 Mahjong 11 <b>Music Tunes for Movement</b> 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance	11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Latin Jam	<b>East Columbia 50+ Center Staff</b>  Meridy McCague, Director Ellen Brown, Asst. Director Alma Blue, Admin Aide/Notary Earl Saunders, Evening and Weekend
27	28	29	30	

**To Health (formerly Weight Got you Down)**

Join us as we watch a showing of “The Sugar Film,” starring Damon Gameau. Please stop by or call (410) 313-7680 to register.

When: Tuesday, June 7

Time: 1pm

Cost: Free

**Antique Road Show Appraisal and Luncheon**

Dig out that coveted treasure and find out how much it’s really worth. Join us for lunch and then learn about everyone’s treasures. One item per guest. Lunch is included. Please call (410) 313-7680 or stop by to register for this event.

When: Wednesday, June 8

Time: 11:30am – 2pm

Cost: \$12

**Showtime Singers**

Sunday afternoon just got better! Join us for this wonderful concert by the Showtime Singers. Stop by East Columbia 50+ Center to get your ticket for this free event and be dazzled! Tickets are required.

When: Sunday, June 12

Time: 3pm – 4pm

Cost: Free

**Rain Barrel Workshop**

Care to lower your water bill? A Rain Barrel may be a step in the right direction! Learn how and why from current homeowners. Enjoy a beautiful summer luncheon at the same time! Registration is required. Please call (410) 313-7680 or stop by the center to sign up.

When: Wednesday, June 15

Time: 11:30am – 2pm

Cost: Lunch Donation

**AARP Presents: Life Reimagined Luncheon**

Are you ready to create your next chapter? Join us as we open our options for the future. Come for lunch and explore your new possibilities. Registration is required. Please call (410) 313-7680 or stop by the center to sign up.

When: Wednesday, June 22

Time: 11:30 – 2pm

Cost: Lunch Donation

**Music Tunes for Movement**

Tuneful, Beat-ful, Artful: This class offers music and movement for everyone! You will be fascinated with singing familiar tunes from folk to classical. Participants will use a variety of percussion instruments to play and create songs. Choreography is easily adapted for all physical abilities. Registration is required. Please call (410) 313-7680 or stop by the center to sign up. Space is limited.

When: Wednesday, June 29

Time: 11am

Cost: Free

**Sign-Up and Payment for Classes**

Sign-up and payment for classes can be done at East Columbia 50+ Center. Payments may be cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done at the following ActiveNet website: <https://apm.activecommunities.com/howardcounty>.

**Important Numbers and Information**

If you need accommodations to attend events at East Columbia 50+ or an alternate format for this document, please call: **410-313-7680**. People with hearing or speech disability may contact Maryland Relay: 7-1-1. Howard County Government does not endorse products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of sponsors.